

KOMAL DHINGSA, M.D.

EMPLOYMENT

Medical Director, Clinical Operations

AIM SPECIALTY HEALTH

2019- present

Los Angeles, California

- Part time physician reviewer for outpatient musculoskeletal and interventional pain procedures

Physician

2013 - 2019

SOUTHERN CALIFORNIA PERMANENTE MEDICAL GROUP

West Los Angeles, California

- Hospital based outpatient PM&R practice with broad scope of practice including musculoskeletal, spine and neurological diagnoses; complex pain management, EMG/NCS, soft tissue and joint injections, prosthetic and mobility device evaluations, inpatient and ER consult management; and coordination of interventional pain treatments.
- Awarded Partner Physician in March 2016

Physician

2011 - 2012

METROPOLITAN PAIN MANAGEMENT CONSULTANTS

Sacramento, California

- General outpatient PM&R, EMG/NCS proficiency, soft tissue and joint injections, pain management, complex worker's compensation case management, and directing appropriate interventional treatments.

Physician

PRECISION OCCUPATIONAL MEDICAL GROUP, INC

2021 - present

Southern California Locations

- Part time physician performing EMG/NCV studies

POSTGRADUATE TRAINING

Physical Medicine & Rehabilitation

2008 - 2011

University of California, Los Angeles/VA Greater Los Angeles Multi Campus Program

Los Angeles, California

- Affiliate Hospitals:
 - 1 Cedars Sinai Medical Center
 - 2 Rancho Los Amigos National Rehabilitation Center
 - 3 Children's Hospital of Los Angeles
 - 4 West LA VA and Long Beach VA

UCLA Spine Center

Internal Medicine Internship

2007 - 2008

University of Illinois, Chicago/Advocate Christ Medical Center

Oak Lawn, Illinois

- Clinical Rotations included hospital based inpatient general medicine, ICU, and Hem/Onc

EDUCATION

Medical Doctor, M.D. Chicago Medical School/Rosalind Franklin University of Medicine and Science Chicago, Illinois	2003 - 2007
Applied Physiology, Master of Science Chicago Medical School/Finch University of Health Sciences Chicago, Illinois	2002 - 2003
Physiological Science, Bachelor of Science University of California, Los Angeles Los Angeles, California	1997 - 2001

LICENSURE AND CERTIFICATION

Physical Medicine & Rehabilitation, Board Certified, 2012
Physician and Surgeon, Medical Board of California, current since 2009
DEA Certificate, current since 2010
Advanced Cardiovascular Life Support, 2011
Basic Life Support, 2015

RESEARCH

Poster Presentations

“Comparison of Treadmill and Calf Exercise Training in Peripheral Arterial Disease”

K. Dhingsa, MD, D. Fung, MD, C. Ornelas, MD, N. Perrizo, DO, G.B. Etnyre, MD, S.F. Figoni, PhD, RKT, C.F. Kunkel, MD, MS, A.M.E. Scremin, MD
UCLA Research Conference, Los Angeles, August 2010

“Effects of Treadmill Training in Peripheral Arterial Disease”

K. Dhingsa, MD, D. Fung, MD, N. Perrizo DO, G.B. Etnyre, MD, S.F. Figoni, PhD, RKT, C.F. Kunkel, MD, MS, A.M.E. Scremin, MD
UCLA Research Conference, Los Angeles, August 2009

Abstracts

“Thumbs Up: Overuse Syndromes Among Endoscopists in Illinois”

Gaston Ponte, MD, Joy Tsai, MD, **Komal Dhingsa, MD**, Charles Berkelhammer, MD, FACG
American Journal of Gastroenterology 2008; 103:S519

National Presentations

“Comparison of Treadmill and Calf Exercise Training in Peripheral Arterial Disease”

K. Dhingsa, MD, D. Fung, MD, C. Ornelas, MD, N. Perrizo, DO, G.B. Etnyre, MD, S.F. Figoni, PhD, RKT, C.F. Kunkel, MD, MS, A.M.E. Scremin, MD
American Academy of Physical Medicine & Rehabilitation Annual Assembly, Orlando, November 2011

“Thumbs Up: Overuse Syndromes Among Endoscopists in Illinois”

Gaston Ponte, MD, Joy Tsai, MD, **Komal Dhingsa, MD**, Charles Berkelhammer, MD, FACG
American College of Gastroenterology, Orlando, October 2008

LECTURES AND PRESENTATIONS

“Healthy Living: Mind and Body”, July 2018
“Phantom Limb Pain”, June 2011
“Ultrasound guided acromioclavicular joint injections”, PM&R Journal Club, February 2011
“Post Stroke Complications: A Rehab Perspective”, November 2010
"Overuse Injuries", May 2010
"Parkinson's: Pathophysiology and Rehabilitation", November 2009
"Lumbar Spinal Stenosis", PM&R Grand Rounds, August 2009
"Spinal Cord Injury: Epidemiology, Pathophysiology and Presentation", April 2009
"Correlation of clinical examination characteristics with three sources of chronic lower back pain",
PM&R Journal Club, September 2008

EXPERIENCE

Tissue Services Coordinator 2001 - 2002

SIERRA EYE & TISSUE DONOR SERVICES

Sacramento, California

- Lead tissue recovery team and trained in non-vital organ tissue harvesting surgical technique.

HOBBIES AND INTERESTS

Fitness enthusiast; weight training; stand up paddle boarding; hiking; traveling.
Advocate for wellness through a plant based diet and lifestyle changes.